Am I A Bully?

Sometimes, we may not realize when we hurt people. Ask yourself these questions to help you figure out if YOU are a bully.

- Do I make jokes about other people?
- Do I tease others because they are different from me?
- Do I dislike anyone just because they have a different religion, have a disability, aren't the same social status as me, or look different?
- Have I ever threatened anyone because they are different from me?
- Have I ever been violent toward anyone because they are different from me?

If you answered "yes" to any of these questions, there is a chance you may have hurt someone. There are ways to fix the situation, though!

- Say "I'm sorry." If you ever hurt someone in the past, or if you say something that turns out to be hurtful, apologize. By setting your differences aside and making peace, you might even gain a new friend.
- Learn about others. If you have a classmate who is different from you, learn about them! You may discover that your differences make you interesting to each other.
- Be polite. If you are always polite to everyone, then people have a reason to be polite to you. You can always set a good example for your classmates, and the younger kids who look up to you!

More Help

http://stopbullyingnow.hrsa.gov/index.asp

For Teens:

http://www.safeyouth.org/scripts/teens/bullying.asp http://www.peacelearningcenter.org/ http://www.tolerance.org/teens/



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by Nora E. Jones for the Columbus Human Rights Commission





What Bullying Is - What to Do if You're Bullied and What to Do if You ARE a Bully

Talk about this with a Parent or Adult THAT YOU TRUST!

What Is Bullying?

We've all heard the word "bullying" before...but it may mean a lot more than you think. Bullying is anything that makes you feel scared, hurt, embarrassed, or uncomfortable—and it shouldn't happen in school.

Why Do People Bully?

There are lots of reasons people bully others:

- The need for attention
- They must put themselves on a higher level to make other people like them.
- To gain respect

Some bullies are taught at home to hate certain groups of people. Still others just don't know it's wrong. No matter the reason, bullying is NEVER the answer.

Who Gets Bullied?

If you have been bullied, you are not alone. It is common to feel like you're being singled out and it happens to lots of different people



for many reasons. Some people are bullied because of the way they look, their race, disability, religion, gender, social status, or even personal preferences—like your favorite

food or a movie or show you like to watch. Many bullies search for reasons to make fun of people, just so they can take out their anger on someone else.

What Kinds of Bullying Are There?

<u>Harassment</u> - If someone has ever made you feel uncomfortable, different, embarrassed, scared, upset or unable to concentrate, then you may have experienced harassment. Someone may harass you because of race, religion, the place you were born, gender, social status, disability, or appearance. It's never fun to be harassed, and harassment is never the answer to anyone's problems.

Examples:

- Hurtful jokes, teasing, or words that offend you
- Nicknames that have to do with one of your characteristics
- Threats
- Mental, verbal and/or physical attacks
- Rude comments that make you uncomfortable

<u>Hate Crimes</u> - Many people experience hate crimes because they are somehow different from the bully like being from a different country, have a different sexual orientation, a different religion or be of a different race, have a disability, or just because they look different.

Warning Signs: Bad language towards you negative nicknames, threats and other forms of harassment.

If you ever experience any of these warning signs and are afraid someone may commit a hate crime against you, tell a parent, teacher, or adult that you trust IMMEDIATELY.

Examples:

- Rude or mean graffiti on your personal belongings or property
- Physical or mental violence
- Severe threats made in person, on the phone, or by e-mail, instant messaging, or community websites like MySpace or Facebook.

What Do I Do?

- 1. Stay Calm... Bullies do what they do to make you upset.
- 2. Let Them Know... If a classmate makes a joke about you or teases you, they may not know that it hurt you. Politely say, "What you said just then hurt me...please don't say things like that." There is a chance that your classmate just thought the joke was all in fun, and will watch out for your feelings in the future.
- 3. Tell Someone Else... If a class-mate will not stop bullying you even though you asked them to, tell a teacher, parent, or other adult that you trust. They will help you to solve the problem.



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